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## CERTIFICATE OF TRANSMISSION UNDER 37 C.F.R. § 1.8

I hereby certify that the below-identified Preliminary Amendment is being facsimile transmitted to the United States Patent and Trademark Office at (571) 273-8300 and is addressed to: Mail Stop Amendment, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450:

Date: 1/5/06By Kim L. Brown  
Signature

## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

PATENT

Applicants:	Paul LaStayo, et al.	Docket No.:	12218.2217
Serial No.:	10/650,455	Examiner:	Glenn E. Richman
Filing Date:	August 27, 2003	Art Unit:	3764
Title:	METHOD AND APPARATUS FOR SPEED CONTROLLED ECCENTRIC EXERCISE TRAINING		

PRELIMINARY AMENDMENT

Mail Stop AMENDMENT  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Dear Commissioner:

Prior to further examination of the above-specified application, kindly amend the subject application as follows:

Amendments to the Claims are reflected in the listing of claims which begins on page 2 of this paper.

Remarks begin on page 10 of this paper.